

the ten top

748 Shirley Avenue Norfolk, Virginia 23517 757-622-5422
Monday–Saturday, 11am–9pm

appetizers

- hummus & pita** \$4.95
- soup de jour & bread** \$4.49
Changes daily, ask for details.
- pimento cheese & rustic bread** \$5.95
- the bacon date** \$7.49
Two things meant to be together: bacon & dates (on flatbread) along with balsamic onions, mozzarella and crumbled bleu cheese.

noodles, pasta, beans & rice

- cheese tortellini** \$8.95
Cheese stuffed tortellini tossed with zucchini, squash, tomatoes and spinach in a parmesan cream sauce served with french or multigrain bread.
- black bean & corn chili** *small \$4.95, large \$7.95*
Our expertly seasoned black beans topped with mozzarella, tomatoes, sweet corn and scallions over brown rice; served with french or multigrain bread.
- thai peanut noodles** \$8.95
Carrots and red & green bell peppers stir fried in a spicy peanut sauce with linguini topped with scallions.

meaty sandwiches

All sandwiches served with pasta salad, potato salad, oranges, cole slaw or a bag of chips.

- pulled pork bbq sandwich** \$8.49
We braised this Carolina style pork bbq 8 hours to perfection, topped with hot sauce and fresh slaw on a whole wheat bun.
- grilled turkey & spinach** \$8.49
Turkey, fresh spinach and melted mozzarella grilled to make a delicious flatbread sandwich.
- turkey apple club** \$8.49
Hand sliced turkey breast with red delicious apples, white cheddar, lettuce, tomatoes and mayo on a triple layer of cinnamon bread.
- simple chicken salad** \$8.49
Oven roasted chicken breast with chopped celery, basil and scallions on a french baguette with lettuce and tomato.
- chicken, apple chutney and walnut wrap** \$8.49
Chicken breast, apple chutney, toasted walnuts, romaine lettuce, carrots and melted mozzarella cheese in a wheat wrap.
- rick's big meatloaf sandwich** \$8.49
Your demands have been met! Thick slices of our meatloaf served on toasted sourdough with lettuce, tomato, white cheddar and bbq mayo.
- ten top chicken wrap** \$8.49
Roasted chicken breast, fresh salsa, caesar dressing, mozzarella and lettuce.
- greek lamb hoagie** \$8.95
roasted australian leg of lamb with fresh spinach and mozzarella baked in a french baguette then topped with cucumber dill dressing.
- parisian ham & pear** \$8.49
Inspired by the parisian street sandwich; ham, havarti, pear, arugula, tomato and dijonaise on a french baguette.

fresh salads *Served with housemade croutons.*

- smoked salmon & arugula salad** \$8.95
Scottish smoked salmon and shaved parmesan cheese over arugula, red onion and sun dried tomatoes topped with a parisian dijon vinaigrette.
- california cobb salad** \$8.49
Avocado, bacon, tomatoes, red onion and cucumbers on a bed of spinach and green leaf, with our famous bleu cheese dressing.
- warm goat cheese and caramelized walnut salad** \$8.49
Baby spinach, tomatoes and cucumbers topped with warm goat cheese, caramelized walnuts and fresh basil balsamic vinaigrette.
- chicken (or tuna) salad cold plate** \$8.49 (\$8.95)
Fresh chicken salad (or tuna salad) with a small house salad and choice of dressing.
- ten top caesar** *small \$3.95 large \$7.95*
Romaine lettuce and shaved parmesan tossed with caesar dressing.
- extra hungry?**
Add a crab cake, \$4.95
Add a 4oz fillet of salmon, \$4.95
Add roasted chicken, \$1.95

vegetarian & seafood sandwiches

All sandwiches served with pasta salad, potato salad, oranges, cole slaw or a bag of chips.

- tuna cheddar melt** \$8.95
Fresh tuna salad (not canned) in a french baguette topped with cheddar and baked to golden brown.
- grilled cheese and veggie flatbread** \$8.49
Spinach, zucchini, carrot, onion and tomato, layered on flatbread with goat and mozzarella cheese—grilled to perfection.
- grilled portobello mushroom cap** \$8.49
Served on a sesame seed bun and topped with balsamic onions, melted bleu cheese and dijonaise.
- pimento cheese sandwich** \$8.49
Our take on a southern classic spread on a french baguette with arugula, tomato, and house-made dill pickle slices.
- baked caprese sandwich** \$8.49
Tomato, fresh basil & mozzarella baked in a french baguette topped with balsamic reduction.
- hummus and roasted veggie wrap** \$8.49
Our famous hummus wrapped up with baby spinach, carrot, roasted red pepper, zucchini and squash (vegan).
- crab cake sandwich** \$8.95
Rick's housemade quarter pound patty with lettuce, tomato, and lemon old bay aioli on a sesame seed bun.

Check out our daily specials on TheTenTop.com

Ask about Heather's ever-changing selection of delicious homemade soups!

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748 Shirley Avenue Norfolk, Virginia 23517 757-622-5422
Dinner served Monday–Saturday, 5–9pm

dinner

All dinners are served with a side salad and a half-sized loaf of fresh bread.

rick's beef meatloaf.....\$13.95

Rick's legendary loaf is made with the finest hereford beef and secret ingredients, don't even ask; served with mashed potatoes and steamed vegetables.

shallots and fig chicken.....\$13.95

Pan seared chicken breast topped with a shallot and fig pan sauce over mashed potatoes and steamed vegetables.

pan roasted salmon.....\$14.95

Hand cut fresh atlantic salmon dusted with salt and pepper and oven roasted. That's it—perfection! Served with our homemade apple chutney, brown rice and steamed vegetables.

maryland crab cakes.....\$14.95

Rick hand patties these quarter pound cakes, and pan sears them to golden brown; served with our lemon old bay aioli, roasted fingerling potatoes and steamed vegetables.

bone-in pork chop.....\$14.95

Pork chop roasted with fresh rosemary and thyme, served with caramelized leek mashed potatoes and garlic roasted brussel sprouts.

smoked paprika vegetable gnocchi.....\$12.95

Gnocchi in a smoked paprika cream sauce with red onion, portabella mushrooms, roasted red peppers and arugula.

housemade salad dressings

red wine vinaigrette, bleu cheese, cucumber dill, chipotle ranch, caesar, balsamic vinaigrette, parisian dijon vinaigrette

kids menu

kid's flatbread pizza.....\$5.95

Mozzarella & housemade red sauce; simple and delicious!

grilled cheese.....\$5.95

Cheddar & mozzarella on sourdough with cut oranges or chips.

linguini with red sauce.....\$5.95

Topped with parmesan cheese.

homemade desserts

cookies.....\$1.25

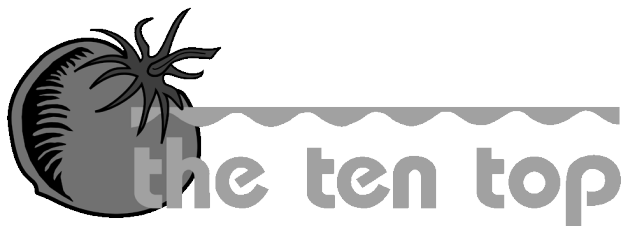
warm bread pudding.....\$2.75

ghirardelli chocolate brownie.....\$1.95

catering options

We offer various catering options including box lunches and sandwich platters for lunch. We also have several appetizer and dinner selections for parties or personal/business events. Contact Chef Heather Fraley between 2–4pm, Monday–Saturday for questions or to place an order.

All catering order must be placed at least 48 hours in advance.



**Check out our daily specials on TheTenTop.com
Ask about Heather's ever-changing selection of delicious homemade soups!**



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